

Frontline Employee

September 2019 A newsletter from the Washington State Employee Assistance Program

Suicide Prevention and Intervention Resources

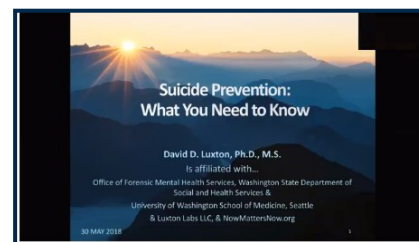
September is National Suicide Prevention Month. [The Washington State Employee Assistance Program](#), in partnership with other state agencies, released a new website designed to support Washington State employees with practical information about suicide prevention. The website's purpose is to provide employees and management with tools, resources, and support to equip them to respond effectively when employees are impacted by suicide, whether personally or in the workplace.

This new site offers a variety of resources including:

- Step-by-step guidance on what to do if you think a loved one or coworker is thinking about suicide
- Tools for managers & human resources.
- Links to local resources and organizations that specialize in suicide prevention
- And Support for those who have lost someone to suicide

Learn more at: www.eap.wa.gov/suicideprevention

[EAP Suicide Prevention Webinar](#)



Buffering Effects of Cyberbullying

Cyberbullying is blamed for depression, anxiety, suicidal thinking, and tragically, suicide itself among youth. The social platform most commonly associated with cyberbullying is Instagram. Research shows that the more socially connected young teens are to their parents and the more they engage in school and community events, the more resilient and resistant to the effects of cyberbullying they are. Research shows social connectedness provided a "buffering" effect among 200 youth considered at risk for bullying. Young teens least likely to be resistant to the emotional anguish of bullying were those teens whose primary strong connections are only with peers or friends. The recommendations: Place high value on developing close relationships with young teens. Reduce screen time, and keep them engaged in school-based and community activities.

Available EAP Services:



WASHINGTON STATE

[How to Receive EAP Services](#)

[Supervisor/HR Resources](#)

[Webinars](#)

[EAP Brochures/Guides](#)

[Subscribe to EAP News](#)

Reducing Mental Health Problems in College

One in four college students will experience a mental health disorder at some point when faced with the stress of academic and social challenges. The key challenges for college students are health problems, financial stress, relationship issues, and academic pressures. More than 50% of students will struggle with three or more of these stressors at the same time. Talk with your student about mental health and how it is not uncommon to experience emotional stress at school. Communicate regularly—keep an open channel. You will spot issues and problems sooner and be a more effective helper. Show you can listen to your student's concerns without being judgmental. Be aware of college counseling resources so you can recommend them. College students with a history of mental health struggles should avoid drug use and have a personal support plan if the going gets tough.

Don't Discourage Mental Health Counseling

How would you react to your loved one desiring mental health counseling? Would you think for a moment that their getting help reflects negatively on you? Your opinion may weigh heavily, and lack of support could postpone getting help for years. When a loved one asks for help, play a supportive role, be empathetic, and seek guidance from your [EAP](#). Remember that the stigma of seeking mental health counseling is a strong force to overcome, so you can assume your loved one's need is greater than you may perceive.

Pitfalls of Passive Parenting

If your parenting style is too passive, you probably know it and worry about it. Fear of a child's reaction and catering to demands can fuel defiant behavior. Help is available. Get an assessment from your [EAP](#), and grab this new book, "Discipline with Love and Limits: Practical Solutions to Over 100 Common Childhood Behavior Problems." (July 2019) You can start now to help your child practice self-control, cope with sadness, postpone gratification, and gain critical life skills they need—but don't wait.

Therapist or Life Coach?

A psychotherapist and a life coach are different professionals. Which one could best help you with the changes you'd like to make in your life? A psychotherapist helps you gain insight by examining your current and past patterns of behavior and look closely at times when you've struggled, been hurt, or been in some sort of pain. You will usually process emotions to help you overcome blocks that prevent moving forward and resolving problems you face in the present. The idea is to help you see today's problems more realistically and practice new behaviors so you are released from your former way of doing things in order to become a happier person. A life coach helps you examine where you are now, the results you have produced in your life so far, and how you can get to a new place in your life that is fulfilling and exciting. The emphasis is on change, getting clarity about what you want, finding action steps, developing timelines, and identifying goals. A life coach helps you find the life you truly want to live. Still unsure? Talk to your EAP to learn more about these two helping roles. The [EAP](#) will help you discover, choose, and head in the direction of change you want.